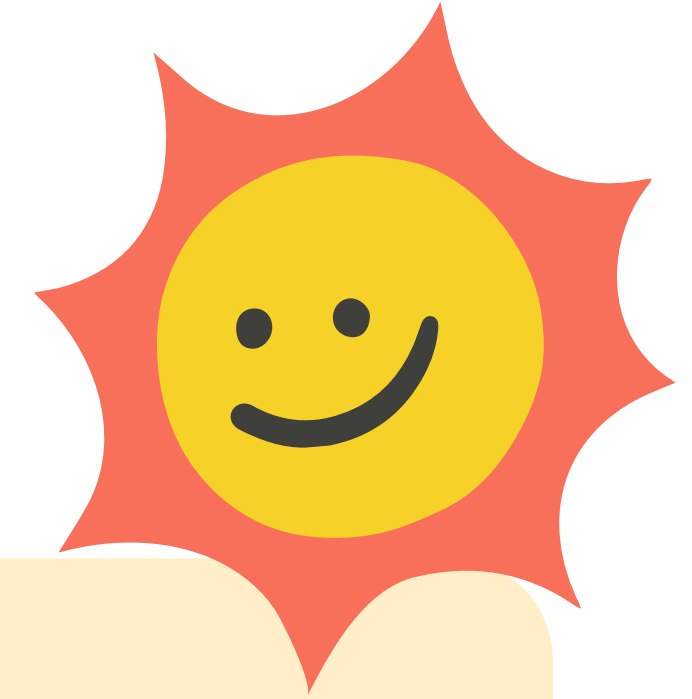




L.O GR 8 WEEK 4 LESSON 4

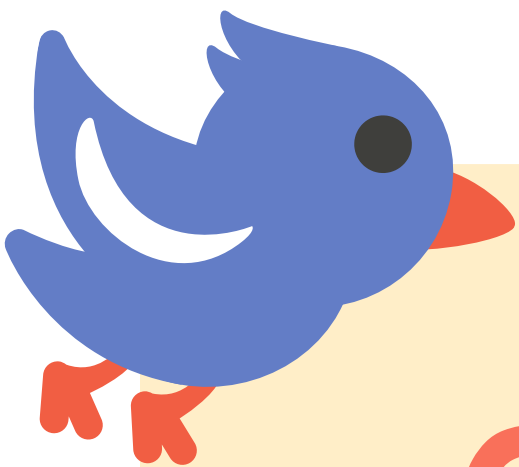
APPROPRIATE BEHAVIOUR TO STOP
SUBSTANCE ABUSE AND AVOID IT





ARE YOU
READY ?

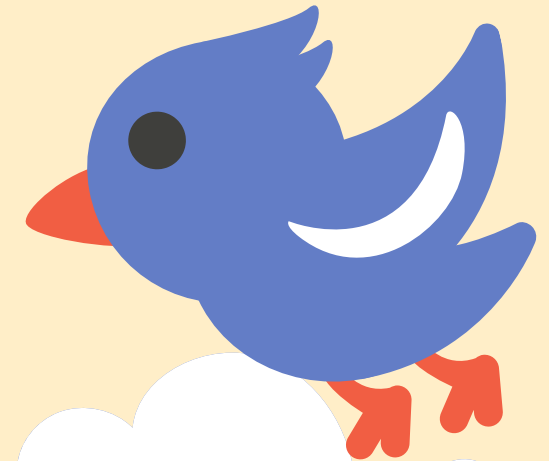
LET'S GET STARTED!

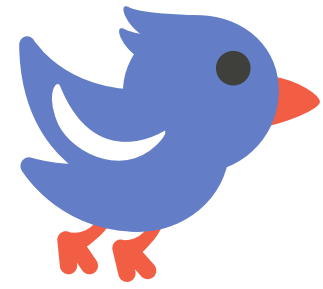


OVERVIEW

1. REFUSAL SKILLS

2. DECISION MAKING SKILLS





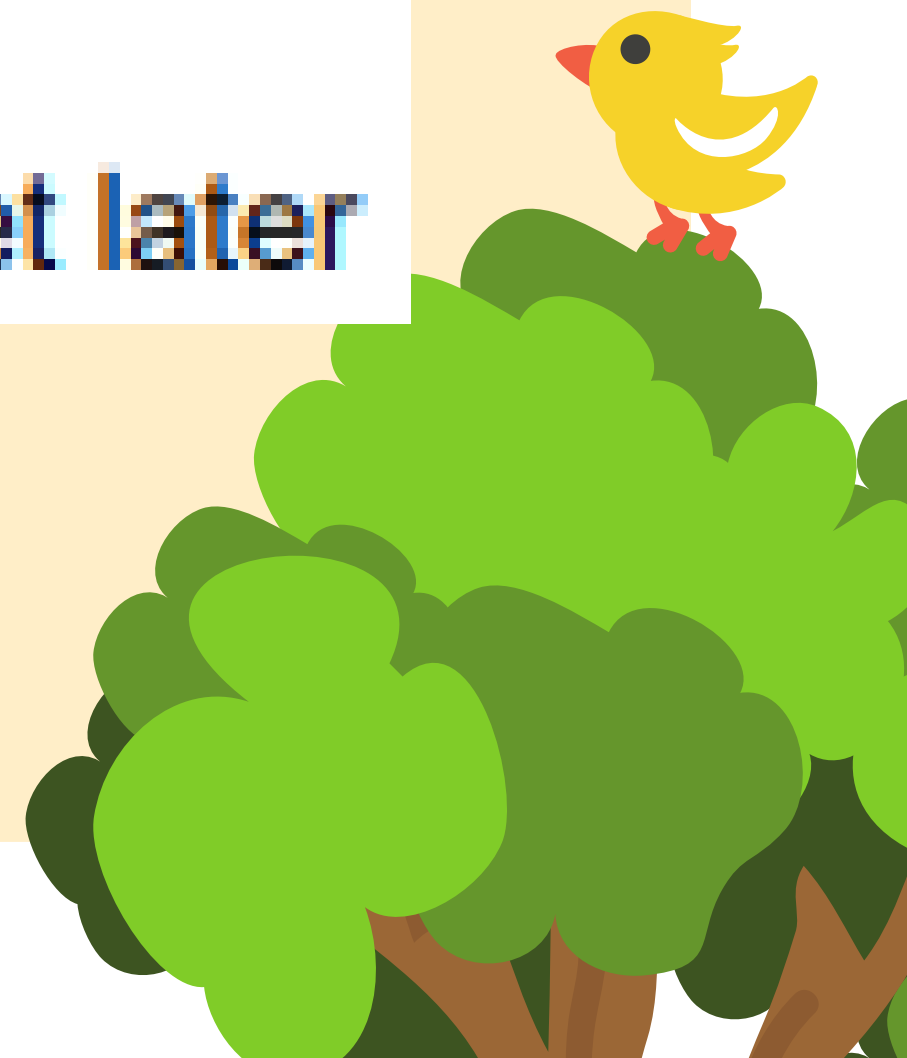
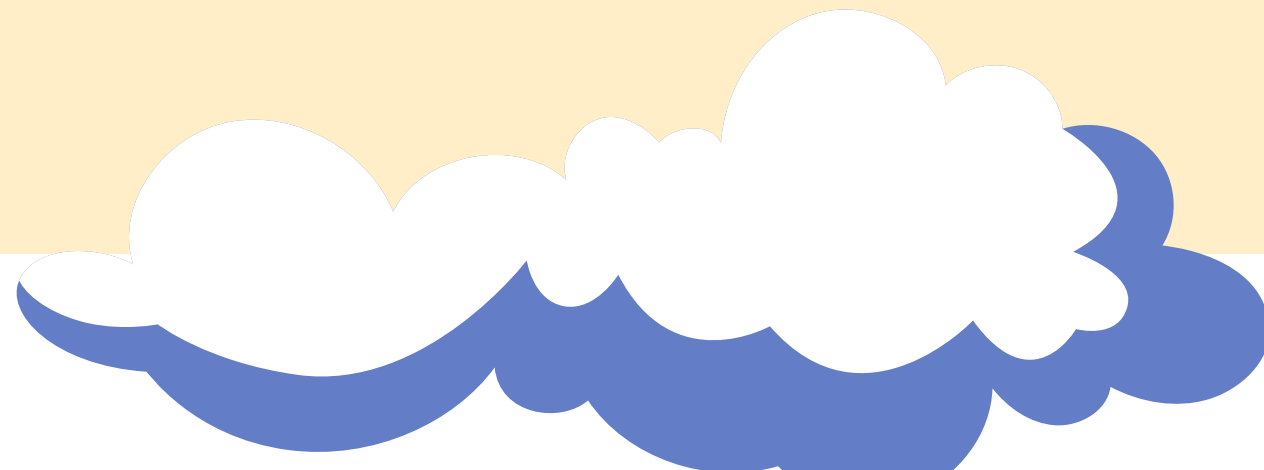
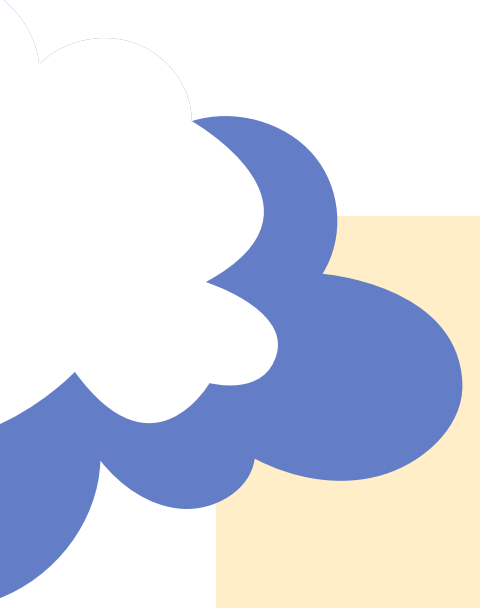
1. REFUSAL SKILLS

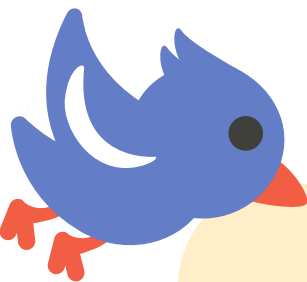
Be assertive:

- Say what you think don't force your opinion onto others
- Accept differences
- Be interest in some else's viewpoint respect different viewpoints
- Keep to your viewpoint
- Don't be submissive or too dominating

2. DECISION MAKING SKILLS

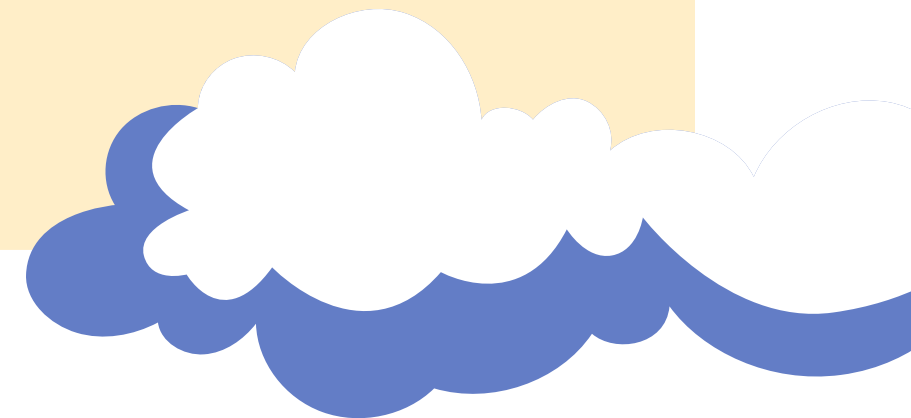
- Don't let group pressures influence you
- Don't always take the easy option
- Make your own decisions
- Don't agree with something you will regret later

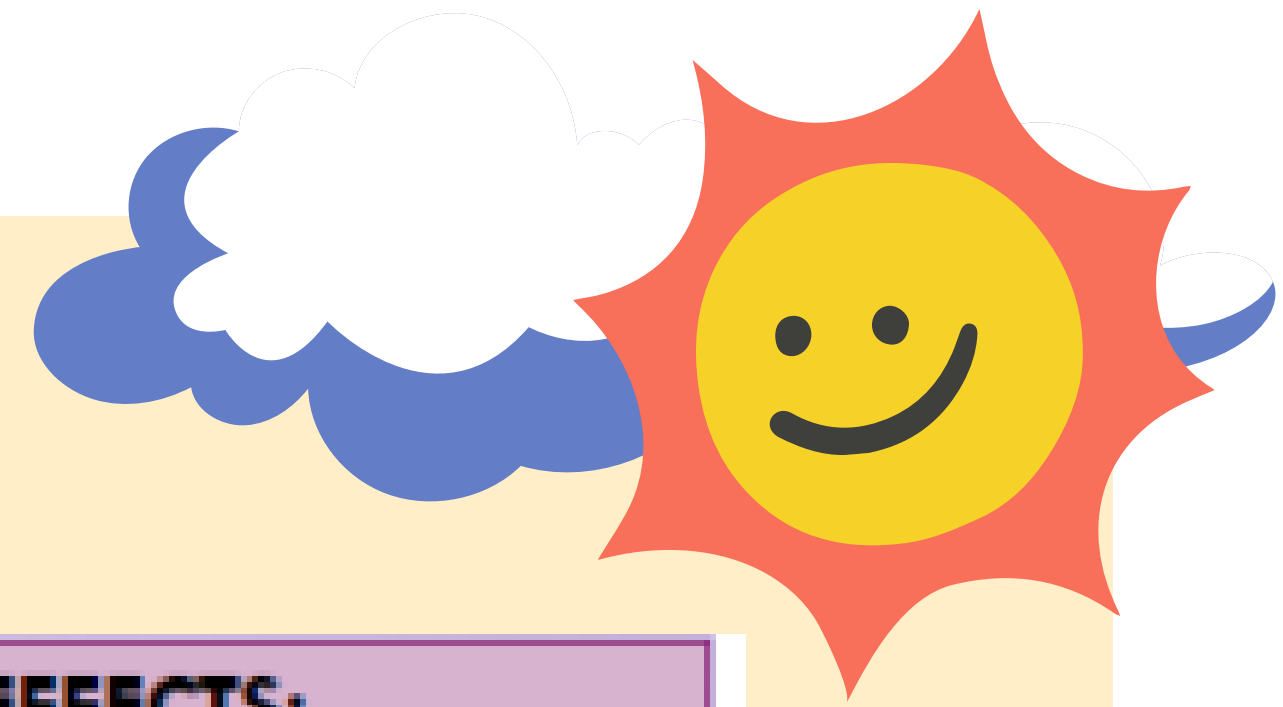
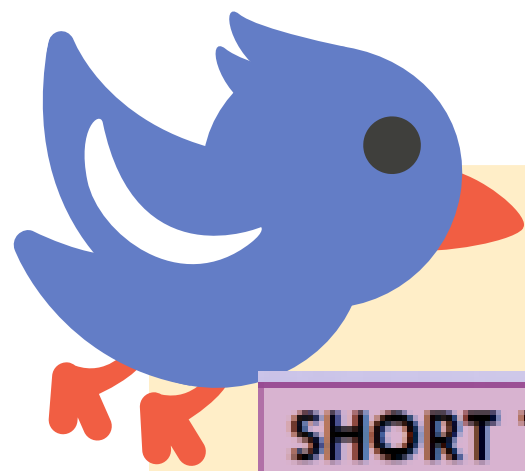




LONG- AND SHORT-TERM CONSEQUENCES OF SUBSTANCE ABUSE LINKED TO CRIME, VIOLENCE AND EDUCATIONAL OUTCOMES

- People can become addicted and can't stop
 - Body needs it





SHORT TERM EFFECTS:

NEGATIVE INFLUENCE YOUR HEALTH AND
SCHOOL WORK

CRIME/ AGGRESSIVE BEHAVIOUR

STOMACH PAIN

VOMITING

MOOD SWINGS

DISTURBED SLEEP PATTERNS

LACK OF CONCENTRATION

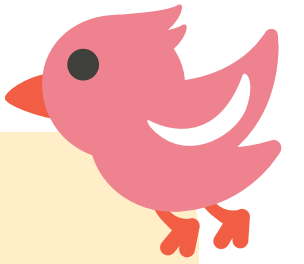
LONG TERM EFFECTS:

LUNG DISEASES

BRAIN DAMAGE

BABIES WITH FAS





SUBSTANCE AND CRIME

- According to SAPD, 60 % of all crimes nationwide is linked to substance abuse
- Criminals are sometimes under the influence of drugs
- Try to steal money for drugs
- Some prostitutes sell their bodies to finance substance abuse



SUBSTANCE ABUSE AND VIOLENCE

- Alcohol abuse is responsible for most domestic violence in South Africa

SUBSTANCE ABUSE AND EDUCATIONAL OUTCOMES

- **Can't concentrate** - short term consequences
- Cannot concentrate in class
- Cannot study
- **Absent** from school
- Learners **leave school**
- No prospects for a job
- No hope for a future

REHABILITATION CHOICES

- Rehabilitation = to overcome problems and go back to normal life
- If you have a problem = first step is rehabilitation
- Can't solve the problem alone
- Get someone that you can trust to talk to: parent, school counsellor, family member, doctor, teacher, religious leader
- **Not a sign of weakness if you ask for help!**





REHABILITATION PROGRAMS AND HELP

- Counselling
 - Group therapy
 - Family therapy
 - Medication
 - Support groups
 - SADAG (South African Depression and Anxiety Group)
toll free number 0800 121 314
- 

Read the case study below and answer the questions that follow:

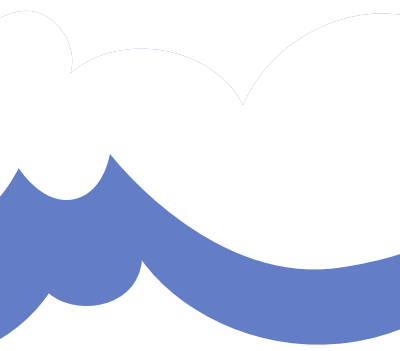
Lockdown life with Luke

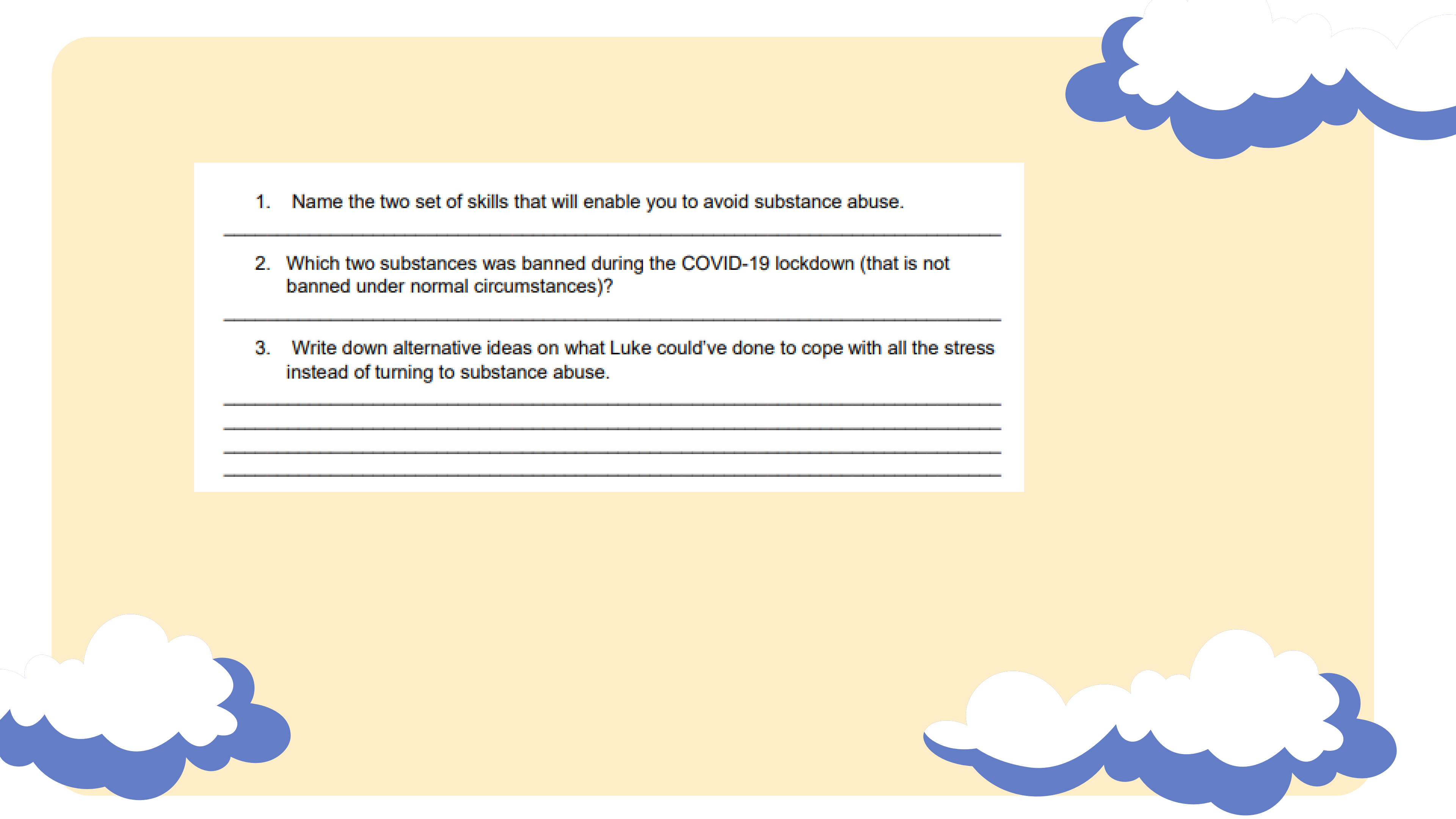
Luke is a matric learner at a school in Gauteng. The grade 12 learners are back at school and there is a lot of catching up to do. Luke didn't do the work given to him by the school during lockdown and therefore he has fallen far behind. Luke's parents took a salary cut as a result of the lockdown regulations and therefore Luke's family is also under immense financial pressure. His parents are constantly fighting and he is unable to visit his grandparents since they have co-morbidities. Luke told his parents that his best friend John will help him catch up his work so they agreed that he could stay at John's house for a week. On the first day John told Luke that he is in possession of some illegal substances. Since Luke is under so much pressure and he doesn't want to feel left out, he decided to join in on the fun. John invited some of his friends and they had a huge party.

1. Name the two set of skills that will enable you to avoid substance abuse.

2. Which two substances was banned during the COVID-19 lockdown (that is not banned under normal circumstances)?

3. Write down alternative ideas on what Luke could've done to cope with all the stress instead of turning to substance abuse.





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THANK YOU FOR
JOINING TODAY'S
CLASS.

